

MIRROR & PARTNER WORK

GYP-Module 5

PRACTICE MAKES PERFECT

It's time to take everything you have leaned and practice, practice, practice!

Partner exercises provide a great way to practice using our intuitive muscles. By reading our friends, family or even with others who are working on their own ID, we can become even more familiar with our inner voice and the language it uses.



GET STARTED RIGHT AWAY

This exercise may be best completed with a partner. A partner will be able to offer feedback – and possibly much more positive feedback than our mirror image may.

Working with A Mirror

Make sure to limit distractions or if helpful-- play soft meditation music or light candles. Begin by standing in front of a mirror. Take a few deep breaths and feel yourself becoming more centered in your body. If you feel it would be beneficial to walk yourself through a quick grounding meditation, please take a moment to do so. Now looking at yourself and using the mirror as a tool to simulate intuitive messages, pose a question to your higher self. So maybe in this case, you check in with your Higher Self about your own self. For example, you might ask, “Higher Self, what do I need to know today?” Taking a moment to tune in, then once you have a ‘message’ pop up – deliver it to your ‘image’ in the mirror.

When performing this activity on your own you may experience viewing your own aura or spirit guide images in the mirror. Do not be alarmed, this is completely normal. Thank the experience and return to the activity.

Working with A Partner

Pick a partner, someone you feel comfortable reading and delivering messages too. You could ask your spouse, partner, friend or family member to help you with this exercise. With your partner, you can simulate a one-on-one consultative environment, ask them questions, check in with your Psychic Side and deliver the messages.

This exercise can also be done with a friend on the phone if this feels more comfortable. The point here is to move yourself out of the proverbial nest and to practice with live people if you haven't already. Let me know if you have any questions about this exercise, I would love to provide you with feedback! Enjoy!